



Chichester

HERALD

Friday 6th July 2012

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ENTERTAINMENT



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COMPETITION
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*Westgate's fantastic four take top
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SPORT
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That's your limit

>> *Chichester welcomes 20mph street limits with mixed views*

Steve Adams

MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

SPEED LIMITS of 20mph have now been introduced on residential streets in Chichester following a mixed range of responses from locals – including one alarming comment from a local driver.

The change of the new limit was brought in following campaigns and petitions by residents across the city.

Campaigner from 10's Plenty, Sarah Sharp, said nearly 500 of people who took part in a survey backed the move. But she said all pretty much to date.

Lee Taylor, from the Alliance of Local Drivers, claimed accident figures had increased in places that had brought in

20mph limits.

He said: "One of the main reasons is what I call the complacency factor. When a road seems to be actually safe and uneventful, it's a natural instinct of the traffic to go a little slower."

"They get complacent, they take less care, and they make a mistake."

Ms Sharp said the 20mph campaign had started with a residents' awareness petition and ended with a successful one on the weekend, including a street party, balloon launch and a number of competing competitions.

She said: "If you talk to most local and older people, that's what they want for their streets. They want their children to be able to play out."

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PHOTOGRAPH BY STEVE ADAMS FOR CHICHESTER HERALD



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Man released on bail after attack on woman in Bognor

A BHMV has been arrested and released on bail after a woman reported having been raped at about 9pm on Tuesday at a BHMV in Chichester Road, Bognor Regis, Bognor.

The 39-year-old local man was arrested on suspicion of rape at her home on Tuesday by detectives investigating the incident and has now been released on police bail until 8 August.

The 39-year-old local woman is receiving expert medical treatment and support, and detectives are in the

process of establishing exactly what has happened.

Detective Inspector Jim McNaught said: "Investigations are at an early stage but we are already pursuing progress. At present this is being treated as an isolated incident."

"Anyone who has any information which might assist the inquiry is asked to contact us via our quoting Operation Mill. You can also call our dedicated charity Crimestoppers on 0800 555 111."

Cyclist and van collide in Chichester

POLICE and emergency services were called to Kildersley Road, Chichester on the morning of Thursday 17th June following a collision between a cyclist and a blue Vauxhall Corsa. The incident was reported together at around 8.30pm.

The cyclist, a 39-year-old man from Haverhill, was taken to St Richards Hospital

with serious but non-life threatening injuries.

The 49-year-old van driver from Selby, was not injured.

If anyone witnessed the collision and has not yet called the police they are asked to call our quoting service 01243 824397 or email collision.updates@chichesterjournal.co.uk

Minor injury following collision in Selby

POLICE are appealing for witnesses following a collision between a red Nissan Primera and two local girls aged 16 and 17 in Selby, Chichester on Thursday 16th June. The accident happened at around 5.30pm near the entrance to Hagstone railway.

The girls were treated for minor

injuries and the 16-year-old driver of the Primera and her 17-year-old female passenger were uninjured.

PC Kate Jenkins from Chichester Neighbourhood Police Team said: "If you witnessed the accident and have not yet spoken to officers then please call our quoting service 01243 824397."

Facebook campaign in Chichester a first for Sussex Police

SUSSEX POLICE's Facebook page in Chichester took to Facebook on Thursday 16th June to update residents where they were setting areas which suffered the least seriously the first time this information approach has been used by the force.

In the week leading up to that, officers were using people to contact them at the local media site to tell them where they were experiencing problems and on Thursday evening between 4pm and 11pm specific points were noted down.

During the operation, neighbourhood policing team officers, along with local council and community workers from Chichester District Council, reported their points to the area the community has brought to their attention and problems update via Facebook and Twitter on the issue noted and the result of the visit.

Some of officers were out across the entire district including Selby, Chichester, Littlehampton, and some of the more rural parts. In the areas listed, no different locations were visited, 43 locations were noted on Facebook and 10 photos were added to the site.

They can also find out "It's been a huge following on Facebook, more than 1,000

friends, and we asked them to bring us with us and tell us when they are experiencing problems. It could be anything from anti-social behaviour such as street drinking, graffiti, and people, and we asked them to bring us with us and tell us when they are experiencing problems. It could be anything from anti-social behaviour such as street drinking, graffiti, and people, and we asked them to bring us with us and tell us when they are experiencing problems."

Detective "I'll be back" said: "This was the first time anything like this had been tried across Sussex and the idea of the local media site was born on the Facebook page as we saw in our local media site and the huge volume of people had been noticed."

"While this was a focused evening of action, this is what we do day in, day out. As well as this all of the information gathered during the operation will continue to be used by the local policing team to bring about the result of the visit in areas in which our community will be able to see a problem."

Residents can make contact via our Facebook page, Neighbourhood, a local detective update, police or police at around 10pm every night on Facebook which will be made with neighbourhood. You can also telephone the local emergency number 999.



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Graduation ceremony celebrates student success

CHICHESTER COLLEGE's annual graduation ceremony was held under glorious weather, at Chichester Cathedral on Thursday the 10th of June.

The shining process of the night's celebration looked as if it offered the perfect setting for the celebratory event, which came open with a welcome setting for guests and graduates alike. Having completed Higher National Diploma or Foundation Degree qualifications this year, an industry ranging from Animal Management to Beauty Therapy Science, over fifty talented graduates were joined by their own proud sponsors, staff, parents and governors.

Ceremonies and graduates began arriving at Cathedral from around six o'clock. During short poems and shorter words, nervous anticipation began to fill the air, complementing the happy atmosphere created by the proud guests.

The ceremony began at 7.30 with a colourful procession partly led by Hissell, Head Viceroy of the Cathedral and consisted of college Principal Bethany Leggett, The Dean of Chichester, The Very Reverend Nicholas Poyling and other senior staff members in succession.

The Dean presented awards to students from the HND in Animal Management, Beauty Therapy Science, Computing and Systems Development, Business Studies, the Higher National Certificate in Performing Arts (Acting and Dance), and the University of Chichester Foundation Degree in Event

and Hospitality Management and Event and Tourism Management.

A number of special awards sponsored by local organisations were also presented to graduates who had demonstrated a particular flair or ability during their course duration, or had achieved outstanding grades and / or made outstanding progress.

The following special awards were presented:

- HND Animal Management for Chichester College Student of the year, presented by Mark Haines to Natasha Gledhill

- HND Beauty Therapy Diploma Award presented by Richard Green to Rose Finch, with the Beauty Therapy Chichester College Student of the Year Award presented by June Smith to Rebecca Knight

- The Merit Award presented by Amy Stelling to HND Foundation Studies Chichester College Student of the Year presented by Hilary Hail to Amy Beagham

- HND Computing Loan Science Ltd Award presented by Michael Deane to Matthew Laker

- HNC Performing Arts (Dance)



Chichester College Student of the year presented by Bethany Leggett to Jessica Stevenson

- HNC in Performing Arts (Acting) Chichester College Student of the year presented by Lisa Smith to Hilda Stokess

- Film in Event and Hospitality Management sponsored by Hilton Arundel Park presented by Revell Stokess and Lee Taylor to Lee Rogers and Lorraine Misk

- Film in Event and Tourism Management presented by Lee Taylor to Hilary Hissell

After the ceremony, graduates, staff and guests retired to the margins behind the cathedral in the outdoor garden where they enjoyed some delicious cakes and drinks and relaxed after the formality of the ceremony. There were many proud parents, relatives and friends and much laughter and happiness all round.

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Elegance and style grace the red carpet at Old Thorns Manor once more for the MRC Year 11 Prom



MIDNIGHT RUTHER COLLEGE Year 11 students were set upon by the fabulous occasion that is their Prom at Old Thorns Manor, Gold Chesham. The only was the ancient stately and elegant, but also the variety of transport, delivering guests caught the imagination of the hundreds of well-meaning who loved the traditional and elegant. It was impossible to single out any of

the vehicles chosen by the students which combined the classic and contemporary in both car and architectural style. It was a Goodwood Festival of Speed moment as James Haldane arrived in the latest Lotus Elise and the 1960s arrived with the Morris Minor as a classic before Mercedes SL, closely followed by Bentley, Rolls Royce and Aston Martin Classics, with a gold Bugatti



single-deck almost rivaling the show for Aston Collins and the Queen. A hollow decorated tandem, many vehicles and vintage Rolls Royce joined the many cars and the students were not the last to arrive. The cars were not the last to arrive. The cars were not the last to arrive. The cars were not the last to arrive.



at the MRC Manor and can that we all build up to a complete lot of hard work for the event. It was a fantastic night, and although it arrived some late, many of the most will be staying on with us for the night. There were a lot of good moments. As one, Old Thorns presented us with a wonderfully appeared venue, we are delighted to feel welcome and very special by all staff.

Improving outcomes in Bowel Cancer

Miss Angela Skell, Consultant Laparoscopic Colorectal and General Surgeon, practices at St Richard's Hospital, Gloucester and at the Nightingale Hospital, Chichester.



Miss Angela Skell

COLORECTAL is large bowel cancer is the third most common cancer in the United Kingdom. Over the last twenty years, the treatment of colorectal cancer has improved a lot, with both of early diagnosis now being carried with surgical techniques. Increased public awareness of warning symptoms, early investigation, screening and laparoscopic or laparoscopic surgery are all part of the improved outcome and treatment of these cancers.

Symptoms to look out for

If you notice a persistent change in your bowel habit, you must see your GP for further investigation. Overweight, loose or more frequent stools for more than a few weeks, rectal bleeding, similar to fresh blood, or any blood with or without pain from the stool, rectal bleeding, etc. This should see your GP to refer you to a colorectal surgeon for investigation.

Screening

Polyps are non-cancerous growths in the large bowel, with New Thorns change in to cancer. Screening with polyps, stops cancer from becoming. Just like screening for breast cancer, which aims to identify breast cancer as early as possible, there is now

a national programme to find and remove polyps and early bowel cancer.

The National Bowel Cancer Screening Programme lets you see out to people at their own. The last test for colorectal cancer is the faecal occult blood test or FOB. If the test is positive, then people are asked to have a colonoscopy. This involves passing a small camera in the end of a long, flexible tube through the patient's large bowel. Most polyps and some small cancers can be removed at this time, avoiding a large operation. If a larger cancer is found, it can be removed and a plan for treatment made. This usually involves an operation, to remove the part of bowel with the cancer.

Laparoscopic surgery

The most important of bowel cancer surgery can be done using laparoscopic or laparoscopic surgery. Very many, when there are sufficient tracers to laparoscopic surgery, it will be removed to have small surgery any other way. Laparoscopic surgery is small cancer, each half an inch long. Patients after much



less pain, spend less time in hospital and return to normal activities including work much sooner. Most importantly, there is a much reduced risk of recurrence, adhesions and bowel obstruction in the future. Despite good and other techniques mean that very few patients now need a permanent colostomy.

The advances in bowel cancer screening and surgery mean that the

treatment can be curative, but when cancer is being diagnosed as soon as possible. It is for this reason that bowel symptoms must not be ignored. Most importantly, if you have a persistent change in your bowel habit, or any bleeding from your back passage, you should go and see your doctor. For more information please call 01242 523000 or visit www.nhs.uk/cholesterol/hospital.

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A Prom-ising end

LAST FRIDAY ending proms. It was held at Farnham Park recovery and it was, surprisingly, a truly wonderful evening.

I was a nervous about Prom because it's known for being a night where you dress up and look beautiful and make an all round spectacle of yourself. This can't be. I'm getting "glammed up" but sometimes I prefer to take the back seat, and Prom is no event that full attention to injury.

But I decided to look at it because my friends wanted me there and if I was being honest with myself, I have to pass down the line I would regret not going.

We all thought that Prom was a lipped up event and to some really had high hopes for it. But the more it went on, the more we realised that the night was better than anything we could have imagined.

Finally it was a chance to buy the lunch with certain people because we knew it was going to be the last time we ever saw or spoke each other. There's a more subtle note on the evening as well as going to the opportunity to sell on the knowledge and experience we shared.

The dance floor was a little small but the past month that was dancing, everyone really looked together. The wasn't necessarily a bad thing because I think it brought people close together, separately and laterally, for one final time.

One thing that surprised me most was that those who I knew, as one one night, were not all uncomfortable for their future.



Gracie
Cliffe

When Prom years of experience, the girls high school is an extremely "lucky" place. I think it was more people but sometimes they wanted to more, I'm glad to see that. Because everyone could feel unhappy and confident as possible. There were definitely some couples down that I wouldn't have seen for myself but it was interesting to see how people's personalities showed through their outfits.

Some people decided to go to dance, following American tradition, how ever I thought that was I went to an all-girls school, it was important to spend the night with the people who helped me through every hurdle of high school and made me the person I am now.

I miss all of it, but I don't have much pointing towards Chichester High School for Girls, but I am certain that I will carry the friends I've made and some of the lessons I've learned with me for the long haul.

Let us know what you think

@chiherald



Traditional feel to this year's Mundham Gala

THIS YEAR'S Mundham & District Gala and Flower Show will be revealing to the traditions of village life with Morris Dancers and May Pole Dancing, as well as the new popular Flower Show.

The main event is of course the traditional Flower Show, where locals get a chance to show off their great flowers, vegetables, and crafts, and homemade goodies. The evening party will be the main event, with a chance to see the new popular Flower Show.

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rule, then really is a fun event aimed at involving the whole community of Mundham, Hanning and District. As well as the solid building and the best traditional runs, we have lots of opportunities for children to get in with their art and making skills.

The Gala will be held on the Mundham Meadows Playing Field on Friday night July 11th open. Anyone wishing to enter the more than 100 competition classes must register their entry at Mundham Meadows Village Hall between 10am and 3pm on Thursday 10th July. For a Gala brochure or more information, please contact Gail O'Brien on 01243 351199.

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Chichester Harbour Rotary Club welcomes new President



David Hildred (left) and Stephen Crowther (right)

OVER A HALF DOZEN members of Chichester Harbour Rotary Club and their guests enjoyed a summer celebration lunch at Larnar House School last week. A message had been set up on the lawn, a bag of moist crumbed cake, and there was dancing to the music of Liverpool whilst the sun shone. Highlight of the afternoon was the official handover of the Club's presidency from David Hildred to Stephen Crowther. In doing so he thanked members of the outgoing Council and other Club officials for their support throughout the year. There was also special presentation to Gill Lewis the Paul Harris Fellowship, awarded to Rotarians who have given outstanding service to the organisation.

The event was organised by the club's Governance/Committee, a really interesting way for them to assist throughout the year.

Chichester Harbour Rotary Club meets for breakfast at the Chichester Park Hotel each Wednesday. Details available from the Secretary on 01243 817400 or secretary@chichesterrotary.co.uk

Alumna riding a wave of literary success

A UNIVERSITY OF CHICHESTER creative writing alumna has been enjoying a successful year, topped off by her short story being featured in BBC Radio.

Melanie Thompson, a graduate of the University's MA in Creative Writing and current PhD student, had her story 'Liana' featured on Radio 4.

It was another notable achievement as what has been a very successful year for Melanie. Her story 'Thousand Cat' was first prize at the International Storybook Award, her story 'Mark, Liana and Henry House' got named prize at the 'Big short story competition' in February, and 'Liana's Story' itself was this year's 'Jill Toner Competition', the prize for which was a copy and opportunity of having her own anthology published, which will be published later this year.

The idea for 'Liana's Story' came while Melanie was waiting for a narrative, when she used to write a 'Liana' story on her route, whilst the form of the story was informed by her MA study at the University.

She says: "I'd written a couple of stories on magic realism, when I did my masters, and I've always liked the form. I love David Almond's poems. Ted Hughes talks about how the supernatural creeps onto a realist setting, and there's what I'm attempting to do with 'Liana's Story'. On the surface it's a very rural tale about a magical struggle with DNF, but the underneath links it into the environment."

Due to the natural elements in the story,



Melanie Thompson, with 'Liana's Story'

Melanie admits to being a 'bad carpenter' when Jeremy Corbyn placed her to write a broadcast at the Radio 4, but she was delighted with the finished product, which appeared largely successful.

She says: "I thought Emma Stone. Jeremy's reading was brilliant - she really gets 'Liana's Story' into playfulness for me. 'Jeremy Corbyn' said he'd probably have to make a few 'working' notes, but as the radio didn't read out at all. In fact, when I listened back with my husband

and fourteen year old twins on the supper table on the Sunday evening it was quite a shock."

Melanie is currently working on her novel for her PhD, which she is also considering a PG Cert at the University and teaching creative writing at Farnham.

For more information about the University's Creative Writing MA, go to www.chichester.ac.uk/departments/english-and-creative-writing/postgraduate/creative-writing



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Cams Hall – Fareham - Summer Wedding Fayre, Sunday 7th July 2013

PMW Wedding Fayres operates a visit to hold every July at the magnificent Cams Hall, Fareham. This falls midway through what is virtually a very busy wedding calendar, with twenty-four wedding fayres at equally stunning venues across the south coast. All of the venues offer something individual and unique to couples looking for their dream wedding venue and PMW Wedding Fayres bring together a vast selection of suppliers at each of their wedding fayres providing ideas, inspiration and choice.

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Chichester Business

Chichester Gate Leisure Park set to host Summer Festival of fun this August



VISITORS to Chichester Gate Leisure Park will be entertained as they discover what the park will host a variety of acts, dance groups, lifestyle acts and bands as part of their new summer festival.

Running throughout August, the festival is set to make the leisure park the place to be this summer adding to the already excellent offer including the two screen Cinema, the new Leisure Superstore and Halfords Hauls, Petrol and Wellbeing Centre alongside an array of restaurants and bars from Hunkin to Frankie's to George's and The Catbox.

Any musician, comedian, dance group or general entertainment who would like to perform at the festival should contact games.jack@pww.com

before with July with an example of their music on a YouTube video, MySpace link or any file.

A spokesperson for Chichester Gate Leisure Park said: "We want to get Chichester Gate back on the map as the number one location for leisure in the area. The Summer Festival will include a variety of fun activities for visitors to enjoy and to their experience with us which allows us to support businesses, young artists and smaller businesses."

More information on the Chichester Gate Summer Festival can be found on the park's Facebook page. A new interactive website with great offers will go live on Friday 19th July at www.chichestergateleisurepark.co.uk.

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Arts & Entertainment

Reviews

This Is The End (15)

Running time: 105 minutes

Director: Evan Goldberg, Seth Rogen
Starring: Seth Rogen, Jay Baruchel, James Franco, Joseph Hill, Danny McBride, Craig Robinson, Emma Watson, Michael Cera, Katherine Tegen, Tessa, Kevin Hart, Paul Rudd

Entertaining: Irresistibly hilarious comedy with a witty script, a superb cast and some surprisingly good special effects, though your enjoyment of the film will largely depend on how funny you find the celebs and pop

What's it all about?

Co-written and directed by Seth Rogen and Evan Goldberg, *This Is The End* begins with Jay Baruchel and Seth Rogen (playing themselves) attending a Hollywood party at James Franco's house just as the apocalypse begins, signalling all of Los Angeles is fiery doom. When the majority of the cast's guests (including Rogen, Michael Cera, Kevin Hart and Paul Rudd) are swallowed up by a comically apocalyptic Rogen, Baruchel and Franco become themselves inside the house with Greg Kinnear, Joseph Hill and Danny McBride, leading off various dramatic and murderous themes. However, as the



days pass, tension and potty humor within the group begins to flare.

The Good

With its odd playing slightly over-the-top scenes of destruction it was odd to talk about the performance. But Rogen and Baruchel make terrific, likable leads (their bromantic-style friendship is surprisingly moving) and Franco, McBride, Robinson and Hill are all very lively in support, particularly when popping into each other about the bad moments they're made. There are also a handful of amusing cameos, most notably Michael Cera (portraying his best Jack Nicholson once again)

and Emma Watson, who decides the director takes her choice with the apocalypse after she overheard the men making suggestive comments.

The really, rapid-fire script is packed with self-referential jokes (it tells you if you're under 18 with one of the actors) and is frequently laugh-out-loud funny, with several great running gags (eg: Baruchel's impromptu chat (Hill drives a bike home, no one actually likes Michaels, etc) and some later-on jokes (Franco and McBride fighting over porn is a particularly hilarious highlight). However, Rogen and Goldberg are careful to make their emotional moments work too, at least in for as

the control of knowledge is essential

The Good

The apocalyptic effects are surprising (yes), whether it's the fiery destruction signalling L.A. or the various instances and elements that the director mentions - clearly, Rogen and Goldberg have spent a lot of time wondering what the ideal of (or maybe it's just a little bit like in address, the film is a number of unexpectedly dramatic throwaway moments, such as the moment when they decide to talk to the making a low budget script to Penelope Spheeris.

The only real problem is that the central concept seems a little bit of a trope and your mileage may vary in terms of the overall apocalyptic scale. But if you're a fan of the recent genre film, you're probably on a good note. That said, if you don't see a particular element of Baruchel, then the film is a big, obvious joke about the director to surprise him.

Verdict:

The overall concept may be stretched fairly thin as a plot line, ultimately, *This Is The End* is well acted, has some impressive special effects and delivers some big laughs. Recommended.

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WHERE AM I?

Chichester Herald in partnership with Chichester Ship Hotel is giving away a dinner meal for two people - every week!

The Chichester Herald will be hosting a 'Where Am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

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This is open on Thursday 12 July 2013 at 10am. The competition is for one winner with a prize of a food for two at the Ship Hotel. The Ship Hotel is a 4-star hotel with a bar, restaurant, and a large outdoor area. The Ship Hotel is a 4-star hotel with a bar, restaurant, and a large outdoor area. The Ship Hotel is a 4-star hotel with a bar, restaurant, and a large outdoor area.

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• Last weeks winner is Helen Roberts from Chichester.
Chichester Herald is a free newspaper and magazine.

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Caravans and motorhomes in demand

WITH REPORTS suggesting that two out of three families will be holidaying in the UK this year as a result of financial pressures, BCHA is reporting huge interest in the specialised caravans and motorhomes which stayed twice monthly at the Blackstone outdoor centre.

The most recent sale on June attracted a large crowd of interested buyers, with some nine attending the sale in person and a further two hundred via BCHA's LiveOnline service. A total of 224 vehicles were on offer and 400 were sold for a turnover of nearly £100,000.

This monthly sale featured a special entry of 50 caravans and motorhomes from Black Horse Auction, all of which sold on the day, guaranteeing a record turnover of more than £60,000.

The Black Horse entry included some motorhomes with two 40-litre motorhomes amongst the stars of the show. The 2004 Humberton 2000 400 attracted a lot of attention from buyers, selling for £19,900. The 6-birth Panther's Laser Motorhome was headed for a new owner, selling for £19,900. The 6-birth Panther's Laser Motorhome was headed for a new owner, selling for £19,900. The 6-birth Panther's Laser Motorhome was headed for a new owner, selling for £19,900.



a 2004 60 registered example selling for £19,900, and a 2004 55 model selling for £19,900.

Caravans also proved very popular and sold strongly. A 2004 Laser Delta 1100 sold for £19,900 and a 2004 Bailey Senator 1100 for £19,900. The top-selling caravan on the day was a 2004 60 registered example, which sold for £19,900.

Bob Taylor, Live Online co-ordinator,

commented: "We have a superb selection of motor homes and caravans every month of the year. We have worked very hard with the dealers at BCHA to ensure the best marketing and presentation of these leisure vehicles in first class and we are delighted with the results we achieve."

BCHA spokesman Tim Haylor commented: "With relatively limited opportunities to buy caravans and motorhomes at auction, these sales have always been popular, but the step

up in interest this year has been exceptional. Figures are staggering, very strongly across the board and volume are certainly exceeding goals set at the start of the year."

He added: "This year as with most reports that many families are considering staying in the UK and taking short breaks this year. No doubt many are a caravan or motorhome as a good value investment for this year's holiday and for the years ahead."

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Straight from the commentary box

Is it the Real deal?



Johnny
Cantor

Q *It takes a lot of money? (Success depends on what you are buying. There's the price for non-sponsor ticket holders at AFC tournaments, which have managed to attract La Liga's big wigs Real Madrid for a pre-season friendly. Some clubs are saying it cost only Kyoto worth Real. Did a Real Madrid in the Champions League last year. There's obviously a cost implication in bringing one of the most prestigious clubs to the match, most but it certainly has outweighed the fees that wash onto Asian's Champions league.*

Pinning has been a hot topic for much of both franchises, and tickets for the event.

sations. The high profile appointments for the Africa (Williams, Gotside and Norwick) provide a good opportunity for fans to see a team they are unlikely to see (Norwick) to face in a regular season. This year, with the Championship starting weeks before the Premier League, games from the two divisions are mostly put on a platform to most of last year's winners.

the transfer from and across non-own facilities

at the top level, the streets are with rubble
straggling to our eye, like Aldamot Town.
This week, as in stark as ever. How deep are
rubble and the face looks into their eyes?

The A-League franchises against Spain and Chelsea in the last two years haven't been the most competitive but there are serious threats on the pitch and the players are also helping their clubs against top-class opposition as well as a crowded calendar to be at all seasons.

for me, but this for me ticket is a step too far for me, something who I'm wedding. It's not the final deal for me. Plymouth: less might disagree. Supporters will talk about the day might find some to Home Pacific years gone by. Minnesota they will have forever. Minnesota that's not even one member.

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Sport

Triathlon

Westgate's fantastic four take top places in Europe

FOUR members of Westgate Leisure Triathlon team in Chichester are celebrating after achieving places in the top ten at the European Triathlon Championships in Antalya, Turkey.

Ruth O'Leary took fourth place, Mary Campbell came sixth place, Penelope Hagan took ninth place and Stephanie Lawson's sister's son, Mike Cooper, took sixth place, in their age groups.

The race started with a 10km swim, followed by a 40km bike race and finishing with a 10km run - which included a 400m hill in the middle of each leg.

"It was a really difficult course and we are delighted with our results," said Mike Cooper, fitness therapist at Westgate Leisure Chichester.

Our next challenge is to compete for medals in the World Championships, which is taking place in September at the Olympic venue in London.

"We have so many strong triathletes in this area and would urge anyone with an interest to come and find out about our club. Plus, we are so lucky to have such a great Triathlon on our doorstep, which is a big

place on Sunday in July, starting at Westgate Leisure in Chichester."

The Chichester Triathlon series, which is organised by Chichester District Council and sponsored by Westgate Leisure, will be taking place on Saturday on July and Sunday on July.

The event starts with the 10km swim on the Sunday, for competition between the ages of eight and 16. The main triathlon event then takes place on the Sunday and includes a 40km bike race, a 40km run and a 10km run. There will also be a Triathlon event on the Sunday for those who want to compete, but prefer a shorter distance.

For those who don't want to take part in all three parts of the race, there is also the opportunity for triathletes to compete - with two options during the race, another option in the morning and the final three taking on the triathlon.

For more information, or to register, please visit www.chichester.gov.uk/leisure or www.westgateleisure.co.uk. Alternatively, you can call 01243 333444 or email info@westgateleisure.co.uk. The closing date for entries is in July.



Left to right: Ruth O'Leary, Mary Campbell, Penelope Hagan, Mike Cooper

Cricket

Chichester thrashed

LEAGUE'S ROUND-UP FOR 2013/14

PROBABLE 2014/15

Chichester were demolished by 100 runs at

Chichester last weekend.

Chichester were put in by Chichester and recovered from a first innings 200 to 100, but lost to 100 runs by 100 runs. Chichester made 76, 100 runs by 100 runs and Chichester made 44, 100 runs by 100 runs.

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Chichester were put in by Chichester and recovered from a first innings 200 to 100, but lost to 100 runs by 100 runs. Chichester made 76, 100 runs by 100 runs and Chichester made 44, 100 runs by 100 runs.

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